

PHYSICAL ACTIVITY LOGS:

How to Keep One (and Why You Should)

Some people like to train intensely for peak performance. Others simply enjoy getting out and doing what they can. Either way, a training log can help you get more from your workout.

"Think of a training log as a planning tool," says Judith C. Young, Ph.D., executive director of the National Association for Sport and Physical Education in Reston, Virginia. "It helps you organize and save information about your exercise routine so you can work toward whatever you think is important."

For example, if you're training for a marathon, keeping a log can help you track how you run under various weather conditions or when you're following a special diet. You can record information about the prettiest routes if you're walking to enjoy the scenery.

Your log also can prod you to work out on those days when you're too tired or you think you're too busy.

What to Record

Distance - in miles and tenths for running, walking or cycling; in laps or meters for swimming.

Time - in minutes, seconds or fractions.

Intensity - in pounds, for strength training.

Other details, such as split times, when helpful.

Milestones on the way to achieving your goals.

Memorable achievements or "personal bests."

Depending on your fitness and training level, you may also want to record other information.

Your physical condition

Pulse rate. Take two readings - one before you begin exercising and one at peak activity. Be sure to stay within your target heart zone.

Hours of sleep. See how this entry affects your performance.

Weight. You'll notice regular exercise helps you lose extra pounds and maintain a healthful weight.

Diet. You may discover certain foods improve your performance.

Discomforts. Note unusual aches or pains.

Workout conditions:

Day and time. This information gives you a frame of reference and helps you maintain consistency.

Weather. Hot, cool, humid or pleasant - noting this information will tell you under what conditions you work best.

Road surface or equipment condition. Note down a brief description for future reference.

Atmosphere. Pretty scenery may improve your performance, while a crowded gym may increase your tension.

Your activity:

The route you walked or ran, the training machines you used or the aerobic exercises you completed.

Your self:

Mood. Record how you felt at the start of a workout, then mention whether the workout changed your mood.

Thoughts and feelings. Exercise frees many people from everyday worries and helps them use their minds more creatively. Let your thoughts flow from pen to paper.

Things to avoid. Note which house has the loud, crabby dog or what time of day a pool's lap lanes are crowded.

Favorite things. Jot down a route you'd like to run or walk again, or note a pair of really comfortable shoes.

If you're diligent about maintaining a training log, you're not just recording what you're doing, but also recording your progress - and that can be a powerful motivator. "Sometimes you may feel you're not making much progress; your log book will prove otherwise, right there in your own handwriting," Young says. "That can be enough to give you a second wind."

Note: if you would like a FREE activity log, contact Healthy Utah regarding your request. You must have PEHP health insurance in order to receive your free log.

E-mail
cbowman@utah.gov

or call:
(801) 538-6273

toll free:
(888) 222-2542

your PLAN				your LOG			week #: 2
day/date	activity	time (min.)	distance	Activity	Time	Distance	Notes/Comments
Sunday 12/19	lift weights	20 min.	--	lifted weights	25 min.		I lifted weights today - mostly upper body exercises. I warmed up on the stationary bike. 😊😊😊
Monday 12/20	jog	30 min.	3 mi.	jogged	15 min.	1 1/2 miles	I ran out of time to jog much - so I just ran on the 1.5 mile course 1 time. It snowed all day! The temp. was around 28 degrees - burrrrr! 😊😊😊
Tuesday 12/21	day off	/	/	lifted weights	35 min.		I lifted weights today because I won't have the time to workout tomorrow. I worked mostly on my legs and stomach muscles - lots of sit-ups! 😊😊😊
Wednesday 12/22	lift weights	20 min.	--	/	/	/	Rest day today. 😊😊😊
Thursday 12/23	jog	30 min.	3 mi.	jogged	30 min.	3 + mi.	I jogged from work to my house - in the snow and cold. I tried to run 9:00/mi. - faster than usual. 😊😊😊
Friday 12/24	day off	/	/	/	/	/	Rest day today. 😊😊😊
Saturday 12/25	hike	60 min.	--	hiked	75 min.	6 miles	We started at Mueller Park and hiked the entire loop. It was sunny but breezy. Fun! 😊😊😊
total:				total:			

Chaos is a powerful force if you harness it properly.